

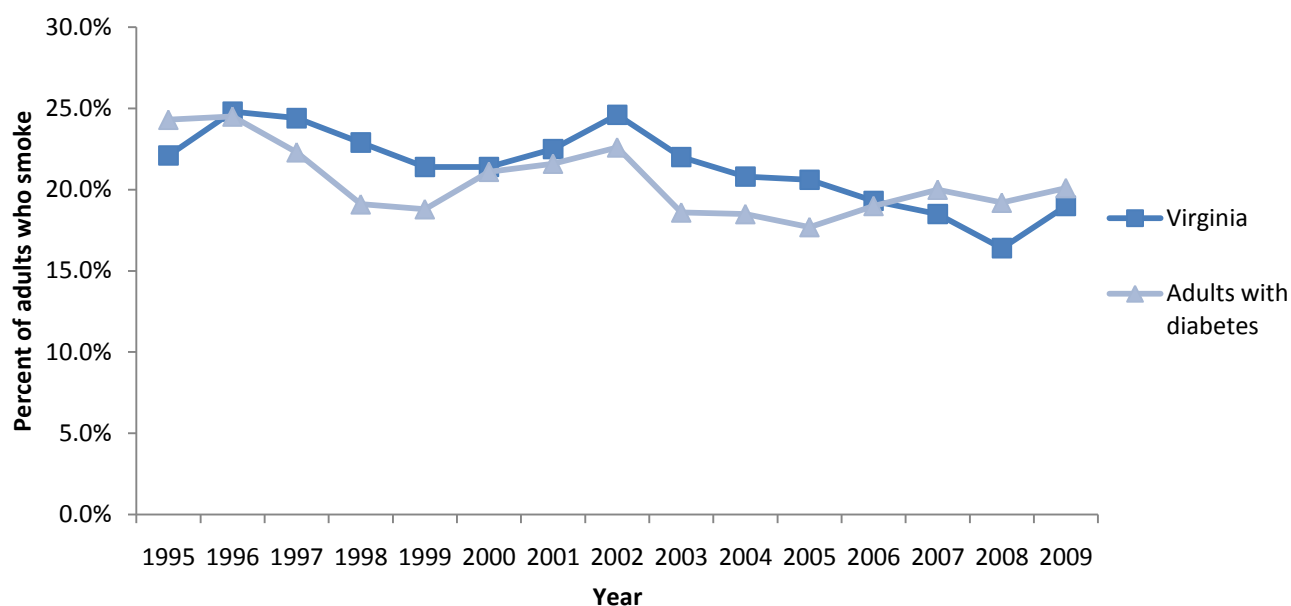
Smoking among Adults with Diabetes

According to the Centers for Disease Control and Prevention (CDC), persons with diabetes are at increased risk of complications from cardiovascular disease, such as stroke, congestive heart failure, and angina. Smoking cigarettes further increases this risk. Smoking increases the risk of renal (kidney) damage and is associated with worsening retinopathy, a risk factor for blindness, especially in young smokers.

In Virginia in 2009,

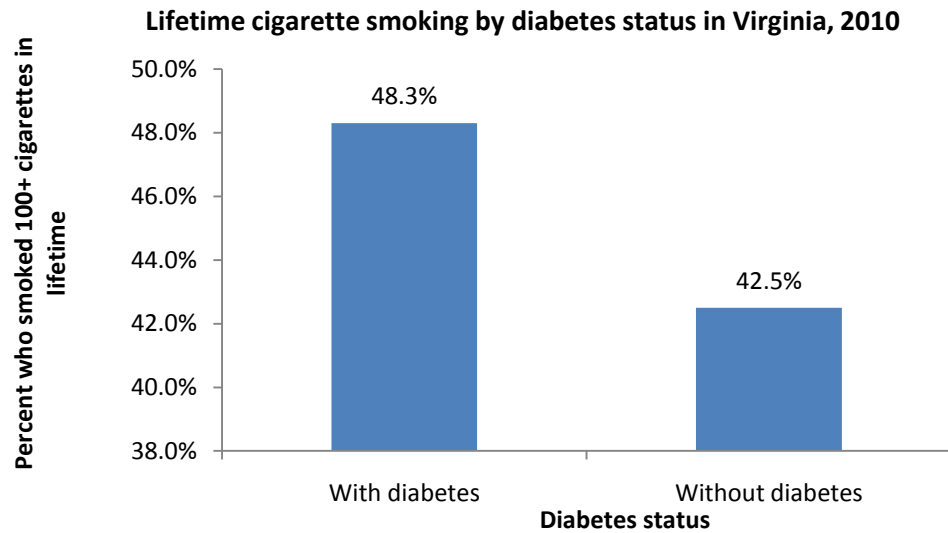
- 19.0% of all adults, and 17.6% of adults with diabetes were current smokers.
- 43.0% of all adults reported having smoked 100 cigarettes or more in their lifetime.
- Adults with diabetes were more likely to report ever having smoked than those without diabetes.

Percent of adults who smoke, and adults with diabetes who smoke, Virginia, 1995-2009



Source: CDC Diabetes Data and Trends; Behavioral Risk Factor Surveillance System (BRFSS) 1995-2009.
 Data notes: Percent of persons with diabetes who smoke is age-adjusted based on 2000 U.S. Census population.
 Percents are weighted based on household and demographic characteristics.

- There are no significant differences in current smoking status between adults with and without diabetes.
- Men and women with diabetes are equally likely to be current smokers.
- Adults 65 and older with diabetes are much less likely to smoke than person 18-64 with diabetes. Since 1995, Virginians 18-64 with diabetes are at least twice as likely to smoke than those 65 and older with diabetes.
- 22.0% of Virginians ages 18-64 reported being current smokers; 10.8% of Virginians 65 and over reported currently smoking.



Source: Behavioral Risk Factor Surveillance System (BRFSS), 2010.

Data note: Percents are weighted based on household and demographic characteristics.

Healthy People 2020 Objective:

TU-1.1 Reduce cigarette smoking by adults to 12%.

Sources: CDC - [Smokeless Tobacco Facts](#); www.cdc.gov/tobacco; CDC – Diabetes Data and Trends for Virginia: <http://apps.nccd.cdc.gov/DDTSTRS/statePage.aspx?state=Virginia>.